

**DIRECTORY**  
**of**  
**SELF-HELP/SUPPORT**  
**GROUPS**  
**in the**  
**SAN GABRIEL VALLEY**



Date issued – April 10, 2012

Maintained by:

**SERVICES CENTER FOR INDEPENDENT LIVING**

107 Spring Street  
Claremont, CA 91711



1520 West Cameron Avenue, Suite 160  
West Covina, CA 91790

To obtain additional copies of the **DIRECTORY**, or to add or correct listings, please contact Janice Ornelas at (909) 621-6722 – [janice@scil-ilc.org](mailto:janice@scil-ilc.org).

Funded in part by California Department of Education, and Department of Rehabilitation

## ALZHEIMER'S

### ALZHEIMER'S SUPPORT GROUP

#### Claremont Place Senior Living

The support group is unique because caregivers are invited to attend with their loved ones and participate in a variety of stimulating activities.

**First Meeting takes place on Thursday March 8, from 10:30 am – Noon at Claremont Place Senior Living**

120 W. San Jose Ave, Claremont Ca 91711

**The Monthly Gatherings will be held on the 2<sup>nd</sup> Thursday of the month from 10:30 am – Noon.**

For More Information or RSVP,  
Call: **(909) 447-5259**

### ALZHEIMER'S SUPPORT GROUP

Chino Senior Center

**Meet's Every 2<sup>nd</sup> Wednesday of each month from 2-3:30 pm. Craft Room.**

13170 Central Ave., Chino, CA 91710  
(909) 591- 9836

### LIFE GENERATIONS HEALTH CARE-HERITAGE GARDENS ALZHEIMER'S DISEASE AND DEMENTIA CARE

1260 E. Arrow Hwy., Upland, CA 91786  
(909) 914- 5757

[www.lifegen.net](http://www.lifegen.net)

Heritage Gardens offers care for residents suffering from Alzheimer's disease & dementia.

### INLAND CAREGIVERS RESOURCE CENTER

1420 E. Cooley Dr., #204, Colton, CA 92324

(909) 514- 1404

(800) 675- 6694

[www.inlandcaregivers.com](http://www.inlandcaregivers.com)

This Center Assists Families in Riverside, San Bernardino, Inyo, and Mono countries with housing information and referral, counseling respite care, and support for caregivers.

## AMPUTEE

### SAN GABRIEL VALLEY AMPUTEE SELF-HELP GROUP

1520 West Cameron Avenue, Suite 160  
West Covina, CA 91790

Meeting 3<sup>rd</sup> Saturday of the month 2pm-4pm

Contact: **Felicia Apodaca (626) 337-8868**

Independent Living Specialist

Fax: (626) 337-1835

[Felicia@scil-ilc.org](mailto:Felicia@scil-ilc.org)

## AMYOTROPHIC LATERAL SCLEROSIS (ALS)

### ALS SUPPORT GROUP

#### Pomona Support groups

Casa Colina Centers for Rehabilitation  
225 E. Bonita Ave Pomona, Ca

For More info: **(818) 865-8067**

**Meet on April 26<sup>th</sup> 2 pm**

In the Tamkin Education Center Room A.

The april support groups meeting for the Golden West chapter of the ALS

Association will be held.

## ANGER MANAGEMENT GROUP

### ANGER MANAGEMENT SUPPORT GROUP

#### Tri City Mental Health

1403 n. Garey Ave. Pomona, CA 91767

Wellness Center: **(909) 242-7600**

**Thursdays 11-12pm**

Do you get angry? Do you get frustrated?  
Learn techniques on how to release your anger appropriately! Come Join our Group!

## ANXIETY

### ANXIETY/ANXIETY RELIEF GROUPS

#### Tri City Mental Health

1403 n. Garey Ave. Pomona, CA 91767

Wellness Center: **(909)242-7651**

**Tuesdays & Fridays 11am-12pm**

Where: Pomona Room

Don't deal with Anxiety alone. Join us for our two Anxiety support groups.

## ARMENIAN SUPPORT GROUPS

### ARMENIAN AUTISM OUTREACH PROJECT, INC.

Family Support Meetings 7:00pm last Tuesday of the month.  
**(818) 542-2267**

[www.armenianautismoutreach.org](http://www.armenianautismoutreach.org)

### ARMENIAN SPEAKING BATTERED WOMEN SUPPORT GROUP

Domestic Violence Project YWCA  
**Services for Children (all ages) living in Crisis Shelters ONLY**

Armenian **(818)240-0888 ext. 228**

Information: **(818)240-0888**

Administrative Office: **(818)242-4155**

735 Lexington Dr., Glendale, CA 91206

## ARTHRITIS SUPPORT & EDUCATION

### ARTHRITIS FOUNDATION

**(800) 283-7800**

#### San Gabriel Valley Branch

800 w. 6<sup>th</sup> Street

Suite 250

Los Angeles Ca, 90017

**(323) 954-5750**

Toll free #: **(800) 954-2873**

### ARTHRITIS FOUNDATION EXERCISE PROGRAM

Blaisdell; Thursdays 10:45-11:45am

Joslyn Center; Tuesdays 10-11am

Claremont Human Services

City of Claremont

1700 Danbury Road Claremont Ca, 91711

**(909) 399-5488**

## ASPERGER'S

### ASPERGER'S ADULT GROUP

Empowering Individuals with Asperger's To Discover Happiness, Fulfillment & Social Success!

**JOIN US! Last Tuesday of the Month**

6:00pm-8:00pm

### Services Center for Independent Living

1520 W. Cameron Avenue Suite #160

West Covina, CA 91790

For More Information Contact:

**Felicia Apodaca (626) 337-8868**

**Call TODAY to Reserve Your Seat!!**

### L.A. ASPERGER'S SYNDROME SUPPORT GROUP

Fran Goldfarb or Jim Devine

**(310)543-5064 after 7 a.m. before 9 p.m.**

Fran's work. 323-361-3831 / Jim's work

310-338-2948. [LAAsperger@gmail.com](mailto:LAAsperger@gmail.com)

[myweb.lmu/jdevine/AS](http://myweb.lmu/jdevine/AS)

## ASTHMA

### AMERICAN LUNG ASSOCIATION

3325 Wilshire Blvd. Ste. 900

Los Angeles, CA 90010

Breather's information

**(213) 384-5864**

## ATTENTION DEFICIT DISORDER

### CHADD National Resource Center

**(800) 233-4050**

[www.help4adhd.org](http://www.help4adhd.org)

## AUTISM

### ARMENIAN AUTISM OUTREACH PROJECT, INC.

Family Support Meetings 7:00pm last

Tuesday of the month.

**(818) 542-2267**

**Check website for information and location**

[www.armenianautismoutreach.org](http://www.armenianautismoutreach.org)

### AUTISM SOCIETY OF AMERICA

**Autism Society Greater Long Beach/San Gabriel Valley Chapter:**

PO Box 15247

Long Beach CA 90815-0247

(Los Angeles County)

**(562) 943-3335 (Main Phone)**

Gloria McNeil/Rita Robin:

**(562) 941-1931 (Other)**

E-Mail:

[Ca-longbeach@autismsocietyofamerica.org](mailto:Ca-longbeach@autismsocietyofamerica.org)

## AUTISM (CONTINUED)

### Los Angeles Chapter:

8939 South Sepulveda Blvd. Suite 110-788  
Los Angeles CA 90045 (Los Angeles Co.)

**(562) 804-5556 (Main Phone)**

Caroline Wilson, President

Fax: (562) 425-4940

[www.asa-la.org](http://www.asa-la.org)

### California Chapter: Glendora

PO Box 1355

Glendora CA 91740

(Los Angeles County)

**(800) 869-7069 (Main Phone)** Greg

Fletcher

### AUTISM SUPPORT GROUP

#### The Claremont Center for Spiritual Living

**509 S. College Ave. Claremont Ca 91711**

**Monday evenings from 7-8pm Starting May 12<sup>th</sup>**

Is your family touched by autism? If so, this support group is for you! We welcome you and your friends to join us every Monday evening for helpful information and support.

**Office: (909) 624-3549**

**e-mail: [admin@claremontcrs.org](mailto:admin@claremontcrs.org)**

### (ASAAP) - ADVOCATES SUPPORTING ADULT AUTISTIC PERSONS

**Vicki Dean (562) 946-0467 ext. 404**

**9300 Santa Fe Springs Rd.**

**Santa Fe Springs, CA 90670**

Meetings, please call for dates and time  
"WAPADAH" (Whittier Area Parents Association or the Developmentally Handicapped)

### FOOTHILL AUTISM ALLIANCE

Pasadena Child Development Associates

620 N. Lake Ave., 2nd Floor

Pasadena, CA 91101

Meets every 2nd Wednesday of the month

**(818) 662-8847 or (818) 66AUTISM**

### TACA (Talk About Curing Autism)

2222 Martin St. Suit 140

Irvine Ca 92612

**Phone: (949) 640-4401**

[www.tacanow.org](http://www.tacanow.org)

SUPPORT GROUP (formerly VAPSG, a United Autism Alliance support group).

**Moira Giammatteo (949) 640-4401**

### LOS ANGELES FAMILIES FOR EFFECTIVE AUTISM TREATMENT (LA FEAT)

2<sup>nd</sup> Monday of the month 7:00 pm – 9:00 pm

Kiwanis Club Hall of Hermosa Beach

2515 Valley Dr., Hermosa Beach, CA 90254

[www.lafeat.org](http://www.lafeat.org)

## BEREAVEMENT

### GRIEF OUTREACH - FOR ANYONE OVER 18 WHO HAS LOST A LOVED ONE THROUGH DEATH

Citrus Valley Medical Center - Queen of the Valley Campus

1115 S. Sunset Ave. West Covina, 91790

8 weeks / Wed. Starts March 28<sup>th</sup>-May 16<sup>th</sup>

7pm (free)

**Main Line: (626) 814-2479 / (888) 45-2847**

[www.cvhp.com](http://www.cvhp.com)

### BEREAVED PARENT SUPPORT GROUP

YMCA Orange County

13821 Newport Avenue #200

Tustin, CA 92780

Meetings are held every Tuesday at 7- 9pm

**Nancy Ludt: (714) 960-1819**

**YMCA: (714) 549-9622**

[www.ymcaoc.org](http://www.ymcaoc.org)

### BEREAVED PARENTS U.S.A.

112 W. Wilken Way. Anaheim, CA. 92802

Meetings held on the 3<sup>rd</sup> Monday from 7-8:30pm

At the Crystal Cathedral (crossroads

Chapman and Lewis)

**Linda Moore: (714) 750-9237**

### COMPASSIONATE FRIENDS

**Roy Redman (714) 993-6708 Orange Co.**

**Toll Free 1877-969-0010 call for location**

1<sup>st</sup> Tuesday & 3<sup>rd</sup> Wednesday 7:00 p.m.

P.O. Box 673 Yorba Linda, Ca. 92885

(Worldwide candle lighting every 2<sup>nd</sup>

Sunday in Dec.) check website below

[www.compassionatefriends.org](http://www.compassionatefriends.org)

## **BEREAVEMENT (CONTINUED)**

### **BEREAVEMENT SUPPORT GROUP**

**Claremont Human Services**

#### **JOSLYN CENTER**

660 N. Mountain Ave, Claremont Ca 91711

Call for session start and end date.

**Wednesday 4-5:30pm & Friday 10-11am**

More info: **(909) 399-5488**

### **CARING CONNECTION**

**Pomona Valley Hospital**

Tammy Barto **(909) 865-9555 ext.9**

Call for location

## **BI-POLAR**

### **FREEDOM THROUGH REALITY GROUP (BI-POLAR)**

**Tri-City Mental Health Center**

1404 N. Garey Ave. Pomona, CA 91767

Wellness Center: **(909) 242-7600**

**Tuesday 3-4pm**

Have you or anyone you know been

diagnosed with Bi-Polar Disorder?

Come and share your story with us!

## **BLIND**

\* See the Visually Impaired.

## **BREAST CANCER**

### **CITY of HOPE SUPPORT GROUP**

1500 E Duarte Rd. (Modular 136)

Duarte, CA 91010-3012

**Courtney Davis (626) 256-4673 ext. 62282**

## **CANCER**

### **CARING CONNECTION-Pomona**

**Valley Hospital (For patient & family  
members for any type of cancer)**

**Tammy Barto (909) 865-9555 ext. 9**

### **H.O.P.E SUPPORT GROUP**

(for people with cancer and their families)

**(626) 814-2479 or (888) 456-CVHP**

**Melissa**

[www.cvhp.com](http://www.cvhp.com)

Siga las instrucciones para Espanol

## **CITY OF HOPE**

City of Hope offers support for cancer  
patients and their family members.

**For info call (626) 256-4673 ext. 26400**

## **CAREGIVERS**

### **CAREGIVERS SUPPORT GROUP**

650 N Mountain Ave, Claremont Ca, 91711

Joslyn Center; Wednesday 6:30-7:30pm

Claremont Human Services

City of Claremont

**(909) 399-5488**

## **CEREBRAL PALSY**

### **UNITED CEREBRAL PALSY**

6430 Independence Ave.

Woodland Hills, CA 91367-2607

**Terri Lantz: 818-782-2211 ext. 582**

Info on the "Ken Project": [www.ucpla.com](http://www.ucpla.com)

Meetings Last Thursday of the month

## **CHILD ABUSE & NEGLECT**

### **PARENT ANONYMOUS GROUP IN POMONA**

(Prevention of Child Abuse and Neglect)

**Tammy Dihessa (909) 621-6184 ext. 212**

## **CHILDREN BIRTH TO AGE 22**

### **PARENTS' PLACE REACH**

Parent Support Group

1500 S. Hyacinth Ave., Suite B

West Covina, CA 91791

Meetings 1<sup>st</sup> Thursday of the month

7-8:30pm. Childcare available

**Valentina Allen (626) 919-1091**

### **PARENTS' PLACE NUEVO DÍA**

Spanish Parent Support Group

1500 S. Hyacinth Ave., Suite B

West Covina, CA 91791

Meetings 2<sup>nd</sup> Wednesday each month from

10-11:30am. Childcare available

**Elena Sanchez (626) 919-1091**

## CHINESE GROUP

### CHINESE PARENTS ASSOC. FOR THE DISABLED

First Christian Church  
220 S. 5<sup>th</sup> St., Alhambra, CA 90801  
Monthly Workshops; Activities for children  
**Rose Wang (626) 202-4773 call for info**  
Hot Line:(626)307-3837 [www.cpad.org](http://www.cpad.org)  
Mailing address: P.O. Box 2884  
San Gabriel, CA 91778

### FOUNDATION FOR DISABLED YOUTHS (F.F.D.Y.) Jane (626) 968-2169 Hotline

Classes held every Saturday 2:00pm – 5:00pm  
(Yoga, music and crafts) cooking class held once a month. Location: Holy Trinity Lutheran Church  
15710 Newton St. Hacienda Heights, CA  
[ffdycare@email.com](mailto:ffdycare@email.com)

### LOS ANGELES CAREGIVERS RESOURCE CENTER (LACRA) Chinese Mandarin Speaking

**Location:** Alhambra  
1<sup>st</sup> Friday of every month  
**Time:** 10:00-11:30 am

## CLEFT & LIP PALATE

**The Cleft Palate Foundation**  
24 hr. Toll Free Hotline: **Call 800-242-5338**  
[www.cleftline.org](http://www.cleftline.org)

## COSTELLO SYNDROME

**Costello Syndrome Family Network**  
**(626)676-7694 (day) (626)794-7343 (evening)**  
244 Taos Rd. Altadena, CA 91001-3953  
[Taos@earthlink.net](mailto:Taos@earthlink.net)  
[Lschoyer@dmh.lacounty.gov](mailto:Lschoyer@dmh.lacounty.gov)

## DEAF-BLIND SERVICES

### CALIF. DEAF-BLIND SERVICES (CDBS)

Offer Family Support, Parent-Parent support, Advocacy, Help with I.E.P.'s and referral to resources. Technical Assistance focused on issues unique to deaf-blindness.  
**Myrna Medina 800-822-7884 Ext. 5 or**  
[www.cadbs.org](http://www.cadbs.org)

## DEPRESSION

### DEPRESSION GROUP

**Tri-City Mental Health Center**  
1404 N. Garey Ave. Pomona, CA 91767  
Wellness Center: **(909) 242-7600**

#### **Mondays 11am**

Feeling lonely, upset, and sad? Do you isolate yourself from others? Do you suffer from depression? Join us as we learn to cope with Depression. Come and get Support from others at the Lose the Blues Group.

### MEN'S DEPRESSION GROUP

**Tri-City Mental Health Center**  
1404 N. Garey Ave. Pomona, CA 91767  
Wellness Center: (909) 242-7600

#### **Tuesdays 2-3pm**

Do you feel sad and lonely? Do you wish you had someone to listen to you? Come and be one of the guys! Join our group and share with us. We are here for YOU!

### POSTPARTUM SUPPORT

**INTERNATIONAL** For mothers suffering from postpartum depression.

**Please call (800) 944-4773**

[www.postpartum.net](http://www.postpartum.net) (click on find local support & resources)

## DIABETES

### GROUP FOR CHILDREN AND PARENTS - Children's Hospital of O.C

Social Services Dept.  
**English (714) 532-8330**  
**Spanish Line: (714) 532-7865**  
455 S. Main St., Orange, CA 92668

Meets Monthly

For more information, go to

**[www.padrefoundation.org](http://www.padrefoundation.org)**

Click on support for support group info  
Click on classes for information on specific classes offered. RSVP at above phone # for all classes.

## DIABETES (CONTINUED)

### DIABETES SUPPORT AND EDUCATION GROUP

427 W. Carroll Ave.  
Glendora, Ca. 91741  
Call for meeting times  
(Coordinator for Community Education Center)  
**(626) 857-3477**

## DOMESTIC VIOLENCE

### DOMESTIC VIOLENCE ASSOCIATION PROJECT- YWCA OF GLENDALE

735 E. Lexington Dr. Glendale, CA 91206  
Services available in English, Spanish, Armenian  
Main line: 818-242-4155  
**Support Group: 818-240-0888**  
**24 Hr Crisis: 818-242-1106**

**YWCA - WINGS SUPPORT GROUP**  
(BATTERED WOMEN) Domestic Violence Education. Children's Programs. Individual Counseling. Legal Advocacy. Temporary restraining orders.

#### Emergency Shelters.

P.O. Box 1464, West Covina 91793-1464  
**24 Hour Help Line (626) 967-0658.**  
**Info for group classes (626)338-3123**  
**Outreach Services (626) 338-3123**

## DOWN SYNDROME

### DOWN SYNDROME ASSOCIATION OF L.A. "Up for Down:"

Support group for parents who have children with Down Syndrome  
Casa Colina Inc.  
255 E. Bonita, Pomona, CA 91767  
4<sup>th</sup> Thursday (every month) 7:00-8:00 pm  
All Ages; for more information: call  
**Carol Anten: 909-268-6344**

### DSALA; DOWN SYNDROME ASSOCIATION OF L.A.

**Online Support Group**  
DSALAp@yahoogroups.com  
Parent Mentor for parents of children With Down syndrome: **Contact**

**Monica Crawford (626) 824-6639**  
haveyouhadyourhugstoday@yahoo.com

### CLUB 21 LEARNING AND RESOURCE CENTER

Dedicated to the inclusion of individuals with  
Down syndrome.  
539 N. Lake Ave. Pasadena, CA 91101  
**Kathy McDaniel (626) 844-1821**  
[www.clubtwentyone.org](http://www.clubtwentyone.org)

## DUAL RECOVERY ANONYMOUS (DRA)

### Tri-City Mental Health Center

1890 N. Garey Ave. Pomona, CA 91767  
Wellness Center: (909) 784-3232  
[www.tricitymhs.org](http://www.tricitymhs.org)  
*\*Residents of Pomona, Claremont, La Verne*  
Dual Recovery Anonymous (DRA)  
Support Group open to individual 18 and over who are experiencing or having mental illness along with substance abuse. It is conducted in a 12 step format.

## DWARFISM

### LITTLE PEOPLE OF AMERICA

Mike Mallinson (Parent Coordinator of L.A. Chapter) [mike@mfactorlighting.com](mailto:mike@mfactorlighting.com)  
[www.lpaonline.org](http://www.lpaonline.org)

## EDUCATIONAL SUPPORT GROUP

### KINSHIP CARE PROVIDERS (FREE)

Santa Anita Family Services  
605 S. Myrtle Ave., Monrovia, Ca 91016  
Meetings 3<sup>rd</sup> Thursday of the Month 10am-12pm; For More information:  
**Sal Mendez or Diane Ward**  
**(626) 358-1185**

## EPILEPSY

### EPILEPSY FOUNDATION GREATER L.A.

5777 W. Century Blvd., Ste. 820  
Los Angeles, CA 90045  
Call for info: **Rebecca (310) 670-2870**  
[www.epilepsyfoundationla.org](http://www.epilepsyfoundationla.org)

## **EPILEPSY (CONTINUED)**

**ADULTS WITH EPILEPSY THERAPY  
SUPPORT GROUP**  
**EPILEPSY ALLIANCE OF ORANGE  
COUNTY:** English and Spanish educational  
Support Groups (714) 557-0202  
[www.epilepsyalliance.org](http://www.epilepsyalliance.org)

## **FATHERS SUPPORT GROUP**

**PARENTS' PLACE: DAD ROCKS:  
Fathers' Support Group**  
Support Group for fathers who have  
children with Special Needs;  
1500 S. Hyacinth Ave., Suite B  
West Covina, CA 91791  
Meetings: Bi-Monthly Friday Evenings  
6:30PM - 8:30PM Call for dates:  
**Elena Sanchez or Parents' Place**  
**(626) 919-1091** (Childcare available)

## **FETAL ALCOHOL SYNDROME**

Contact **Diane Kerchner** for information  
regarding support group meetings  
Email: [dkerchner@calfas.org](mailto:dkerchner@calfas.org)  
And online support at  
[www.FAS-CA@yahoogroups.com](http://www.FAS-CA@yahoogroups.com)

## **FILIPINO SUPPORT GROUP**

**GENERAL SUPPORT GROUPS FOR  
FILIPINO PARENTS**  
San Gabriel / Pomona Regional Center  
**Contact: Violeta Escobar (909) 868-7528**  
Halina tayong magsamasama  
**(909) 868-7526**

## **FOSTER CARE**

**SAN GABRIEL VALLEY FOSTER  
PARENT ASSOCIATION**  
Mormon Church  
1271 W. Badillo St. Covina Ca.  
Meets 4<sup>th</sup> Thursday monthly from 10:00a –  
12:00n  
**Cathy Bushy: (626) 339-5893**

## **FRAGILE X**

**FRAGILE X SUPPORT GROUP**  
6 Candella, Irvine, Ca.  
**Sali Farber (714) 544-9551**

**FRAGILE X ASSOCIATION OF SO.  
CALIF.**  
**(818) 754-4227 Voicemail**  
**Naomi (562) 434-2791 Immediate**  
**Assistance/urgent**  
[info@fraxsocal.org](mailto:info@fraxsocal.org)

## **GENERAL INTEREST GROUP**

**ARTS GROUP**  
**Tri City Mental Health**  
1403 n. Garey Ave. Pomona, CA 91767  
Wellness Center: **(909) 242-7600**  
**Wednesday 2:30-4pm**  
Come and enjoy paints, clay, drawing and  
more!  
(class is offered on a rotating basis)

**BREATHING BUDDIES**  
**Claremont Human Services**  
1700 Danbury Road Claremont CA 91711  
**1<sup>st</sup> Wednesday of the month Noon- 3pm**  
More info: **(909) 399-5488**

**COMMUNITY WELLNESS SERV.  
DEPT.**  
1115 S. Sunset Ave. Bldg. A  
**(888) 456-2847 or (626) 814-2479**  
[www.cdhp.com](http://www.cdhp.com)  
**Support groups for diabetes, arthritis,  
cancer, and other medical conditions**

**GENERAL SUPPORT GROUP FOR  
ALL DISABILITIES at Casa Colina.**  
Meets Mondays at 6 pm & Wed-Thurs 9am.  
Please contact Susan Stroebel for RSVP at  
**(909) 596-7733 ext 4217**

**HAPPY MIND, HEALTHY BODY**  
**Claremont Human Services**  
City of Claremont  
1700 Danbury Road Claremont Ca, 91711  
**(909) 399-5488**  
Joslyn Center; Mondays 10-11:30am

**GENERAL INTEREST GROUP  
(CONTINUED)**

**HEALTHY INSURANCE  
COUNSELING & ADVOCACY  
(HICAP)**

APPOINTMENTS ONLY  
**Claremont Human Services**  
1700 Danbury Road Claremont CA 91711  
**Wednesday 9am-Noon**  
More info: (909) 399-5488

**HOPE HOUSE (El Monte, CA)**

Designed for parents of children with special needs living outside the home. Facilitated by Hope House Parent: Jessica Silva (626) 862-3918  
For info: Jamie Ruiz (626) 443-1313  
Second Tuesday of ea. Month 7:00-8:00 pm

**KID'S HOUR**

**Tri City Mental Health**  
1403 n. Garey Ave. Pomona, CA 91767  
Wellness Center: (909) 242-7600  
**Wednesday 4pm-5pm**  
An hour of social skills building through role playing, fun-filling activities and meaningful friendships for anyone ages 7-12! For Fun and Games!

**LANTERMAN REGIONAL CENTER'S  
SUPPORT GROUPS**

**Lanterman Regional Center**  
3303 Wilshire Blvd. Ste. 700  
Los Angeles, CA 90010  
Various support groups and locations:  
(213) 383-1300 ext. 5600 or 213 252-5600  
Toll-free 1800-546-3676: For info (Web site) [www.lanterman.org/support](http://www.lanterman.org/support)

**MONEY MANAGEMENT GROUP**

**Tri City Mental Health**  
1403 n. Garey Ave. Pomona, CA 91767  
Wellness Center: (909) 242-7651  
**Every Last Wednesday of the month  
3:00-4:00pm**  
Different ways on how to budget money cut down expenses.

**OVEREATING ANONYMOUS**

**Claremont Human Services  
JOSLYN CENTER**  
660 N. Mountain Ave, Claremont Ca 91711  
**Friday Noon-1pm**  
More info: (909) 399-5488

**P.A.L.S. (PARENTS AS LEADERS  
SUPPORT GROUP)**

**SPIRIT FAMILY SERVICES AND  
CARIÑO**  
Wednesday's 5:30 PM to 7:00 PM  
2000 Tyler Ave. So. El Monte  
**Cheri Sauter (626) 442-1400 ext. 203**  
**CARIÑO Partnerships For Families**  
LOVE Is Not Enough to Keep Your Family Strong: *Parent Café*; Support Group for Women: Bring a friend and Share your thoughts as a mother, wife, sister and woman  
Every Tuesday 5:30 p.m. to 7:00 p.m.  
2000 Tyler Ave. So. El Monte, CA  
Dinner will be served and child care will be available.  
**Connie Preciado (626) 442-1400 ext. 209**  
or  
**Lisa Velazquez (626) 442-1400 ext. 206**

**PARENT ANONYMOUS GROUP IN  
POMONA (Prevention of Child Abuse and Neglect)**

**Augusto Minakata: (909) 621-6184 Ext. 218**

**POSITIVE DIRECTION**

**Tri City Mental Health**  
1403 n. Garey Ave. Pomona, CA 91767  
Wellness Center: (909)242-7600  
**Wednesday 3:30pm-4:30pm**  
Would you like to learn how to have a more positive outlook towards life? If you have been diagnosed with Depression, Anxiety, or Bi-Polar Disorder, or any other mental disorder this group is for you!

**GENERAL INTEREST GROUP  
(CONTINUED)**

**REDEEMER LUTHERAN CHURCH**

New Sunday school program for children who have cognitive and or physical challenges. Campus is wheelchair accessible. For children of all ages from Preschool to Twelfth grade. New program begins June 13, 2010 9:15 a.m.-10:15 a.m. There will be a teacher with an assistant as well. Family members are welcome in same classroom, or they can attend another class available. Sunday school summer session for all children is starting up. Bible lessons, crafts and games as well as social skills. Church location:

**920 W. 6<sup>th</sup> St., Ontario, CA 91762  
(909) 986-2615**

**Or call Monica Hidalgo (909)896-3567  
COVINA VALLEY HEALTH PARTNERS**

**SENIOR DISCUSSION GROUP**

**Claremont Human Services  
JOSLYN CENTER**

660 N. Mountain Ave, Claremont Ca 91711  
**Friday 10-11:30am**  
More info: **(909) 399-5488**

**SOCIALIZING AGES 16-25**

**Tri City Mental Health**

1403 n. Garey Ave. Pomona, CA 91767  
Wellness Center: **(909) 242-7651**

**Mon, Tues, Thurs, Friday 10am-8pm &  
Wed 8:30am-5pm**

Hang Out and Chill! Socialize! Workshops!  
Karaoke and Games! Join us for fun with  
other young adults like you!

**SOCIALIZATION GROUP**

**Tri City Mental Health**

1403 n. Garey Ave. Pomona, CA 91767  
Wellness Center: **(909) 242-7651**

**Thursday 2-4pm**

Come Socialize with your Peers!  
Play Games, Color, and Draw, Do Word  
Puzzles and More!

**SPIRITUALITY GROUP**

**Tri City Mental Health**

1403 n. Garey Ave. Pomona, CA 91767  
Wellness Center: **(909) 242-7600**

**Fridays 2-3pm**

Join us to learn about Religion, Spirituality,  
Faith and your high Power. Come join our  
Group.

**UNDERSTANDING SOCIAL  
INTERACTIONS**

**Services Center for Independent Living**

1520 W. Cameron Ave., #160 West Covina,  
CA 91790

-cross street is Sunset Avenue

**Last MONDAY of every Month 3:30-  
5:30pm**

Would you like to learn how to effectively  
communication with others? WERE HERE  
TO HELP! Open to all ages/all disabilities.

**More Information: (626) 337-8868**

**Or Email: [Felicia@scil-ilc.org](mailto:Felicia@scil-ilc.org)**

**UNITED FAMILY**

**TRI CITY MENTAL HEALTH**

1403 n. Garey Ave. Pomona, CA 91767  
Wellness Center: **(909) 242-7651**

**Thursday 6pm**

Having difficulty at home? Need some help  
with parenting your children? Parents,  
children and teens are welcome to obtain  
support from other families working towards  
a united family unit.

**WALKING GROUP**

**TRI CITY MENTAL HEALTH**

1403 n. Garey Ave. Pomona, CA 91767  
Wellness Center: **(909) 242-7651**

**Meets every Friday 12-1pm**

We invite you to come and participate in  
various warming up exercises, walking  
sceneries, and cooling down activities. Hope  
to see you there!

**WHITE CANE SOCIETY**

**Claremont Human Services**

1700 Danbury Road Claremont Ca 91711

**Tuesday 9am-12:30pm**

For info: **(909) 399-5488**

**GENERAL INTEREST GROUP  
(CONTINUED)**

**WOMEN'S CROSS-DISABILITY  
SUPPORT/ADVOCACY GROUP**

Meet other women with disabilities to discuss life-enhancing topics, goal-setting and strategies to achieving success in your life. Meet new friends. Be empowered. We look forward to meeting you!

**2<sup>nd</sup> Wednesday of every month 10am-12pm**

**Services Center for Independent Living**

107 S. Spring Street Claremont CA 91711

or

1520 W. Cameron Ave. Suit # 160

West Covina CA 91790

**For more information call:**

Angela Nwokike (909) 621-6722 Ext: 206

**GRANDPARENT**

**CENTER FOR AGING RECOURSES:  
SUPPORT GROUP FOR  
GRANDPARENTS**

447 North El Molino Ave.

Pasadena, CA 91101-1403

**Contact: Regina McClure, Ph.D.**

**(626) 577-8480 for info:**

**GAN: GRANDPARENT AUTISM  
NETWORK**

Orange County, CA

**For information call Bonnie Gillman:**

**(714) 573-1500**

[www.ganinfo.org](http://www.ganinfo.org)

**GRANDPARENTS RAISING  
GRANDCHILDREN**

**Claremont Human Services**

**JOSLYN CENTER**

660 N. Mountain Ave, Claremont Ca 91711

**1<sup>st</sup> & 3<sup>rd</sup> Thursday 9:30-11am**

More info: **(909) 399-5488**

**HEARING IMPAIRED**

**CALIF. DEAF-BLIND SERVICES  
(CDBS)**

Offer Family Support, Parent-Parent support, Advocacy, Help with I.E.P.'s and referral to resources. Technical Assistance focused on issues unique to deaf-blindness.

**Myrna Medina 800-822-7884 Ext. 5 or  
[www.cadbs.org](http://www.cadbs.org)**

**GREATER LOS ANGELES AGENCY  
ON DEAFNESS, INC.**

2222 Laverna Ave.

Los Angeles, CA 90041

(323) 478-8000 ; Voice/TTY

Email Preferred

[info@gladinc.org](mailto:info@gladinc.org)

**HH/VI EMPOWERMENT GROUP-  
HARD OF HEARING/VISUALLY  
IMPAIRED**

**Services Center for Independent Living**

1520 W. Cameron Ave., #160 West Covina,  
CA 91790

-cross street is Sunset Avenue

**Last Thursday of every Month 2-4pm**

Meet People you can relate to, discuss important topics that will help you navigate better through life, be part of a positive change in your own life, as well as the lives of others. Meet new friends. Be empowered. We look forward to meeting YOU!

**More Information: (626) 337-8868**

**\*CALL TODAY to reserve your seat!\***

**Or Email: [Felicia@scil-ilc.org](mailto:Felicia@scil-ilc.org)**

**HEART PROBLEMS**

**MENDED HEARTS INC.** - Citrus Valley  
Outpatient Cardiac Rehabilitation Department  
210 W. San Bernardino Rd. Covina 91723  
[www.mhi.org](http://www.mhi.org)

**Meeting – 1<sup>st</sup> Wednesday 2-3:30 p.m.**

(fluctuates to 12:30-3:00 when Dr. speaks)

**Call for information (626) 915-6238**

**Fax (626) 938-7579**

## HIGH RISK INFANTS

**POPPS** (Parents of Premie Pre-School)  
(San Antonio Community Hospital, Parenting  
Preemies Program)  
1148 San Bernardino Rd. Building A #101  
Upland, CA 91786  
**For info, call: (909) 985-2811 Ext. 23677**

## PARENT CONNECTION

Huntington Hospital  
100 W. California Blvd., Pasadena Ca.  
(Provide support to parents of critically ill  
and premature infants)  
**Mary Holzer: 626-397-8509**

## CARING CONNECTION

Pomona Valley Hospital NICU  
1798 N. Garey Ave. Pomona, CA  
Women's Center  
**Meeting every Thursday 6:30pm-8:00pm:**  
For information call:  
**Edda Mendez (909) 865-9703 Ext. 7131**

## HYDROCEPHALUS

**HYDROCEPHALUS NORTH ORANGE  
COUNTY**  
**Deborah Taylor (714) 579-0400**

## IEP SUPPORT GROUP

## INFORMED EDUCATION PARTNERS

This group will informally address the  
questions and concerns that families have  
about their child's Special Education  
services and support. **(310) 258-4063 or  
(310) 258-4000 for Urgent info.**  
Location: 5901 Green Valley Cir. #320  
Boardroom 3B Culver City, CA

## JAPANESE GROUP

**JAPANESE SPEAKING PARENTS  
ASSOCIATION OF CHILDREN WITH  
CHALLENGES (JSPACC)**  
(mailing address)  
Little Tokyo Service Center G104  
231 E. 3rd. St. Los Angeles, CA 90013  
Meeting-3<sup>rd</sup> Saturday of month 10am-12pm  
**Call for location: Phone Number below  
Mariko Magani: 818-249-1726**

## KOREAN GROUP

**KOREAN PARENT SUPPORT GROUP  
FOR THE DEVELOPMENTALLY  
HANDICAPPED**  
4055 Wilshire Blvd. #221, L.A. CA 90005  
Meetings every other month  
**Contact: (213) 383-1300 Susan Han**

## KOREAN PARENT SUPPORT GROUPS

**Janet Choi (President) (909)967-3427**

## GENERAL SUPPORT GROUPS FOR KOREAN PARENTS @ SGPRC

Call for meetings and times.  
Contact: Violeta Escobar (909) 868-7614

## LEARNING DISABILITIES

**LEARNING DISABILITIES  
ASSOCIATION OF CALIFORNIA**  
Office hours Mon. & Tues. 10:00am-  
3:00pm/ Wed. 12:00pm-4:00pm  
37 N. Auburn Ave. #3 Sierra Madre, Ca.  
91024  
For more information on LD and any other  
disabilities, please call: **LDA (626) 355-0240  
Sara**  
**Fax: (626) 355-0109** [www.lalda.org](http://www.lalda.org)

## LEGAL SUPPORT

**WESTERN LAW CENTER FOR  
DISABILITY RIGHTS**  
**(213) 736-1334**

## LGBT (Lesbian, Gay, Bisexual, Transgender)

**LGBT SUPPORT GROUP**  
**Tri-City Mental Health Center**  
1403 N. Garey Ave. Pomona, CA 91767  
Wellness Center: **(909) 242-7600**  
Tuesday 11am-12pm  
Support Group geared towards individuals  
16 and over who identify as LGBT and  
those who are questioning. **Currently  
taking referrals.**

**MENTAL HEALTH FIRST AID  
COURSES**

**CITRUS VALLEY HEALTH  
PARTNERS  
COMMUNITY WELLNESS SERV.  
DEPT.**

1115 S. Sunset Ave. Bldg. A  
**(888) 456-2847**

[www.cdhp.com](http://www.cdhp.com)

*Support groups for diabetes, arthritis,  
cancer, and other medical conditions*

**DUAL RECOVERY ANONYMOUS**

**Tri-City Mental Health Center**

1403 N. Garey Ave. Pomona, CA 91767

Wednesday 2:30-4pm

Wellness Center: **(909) 242-7600**

**Mondays 2:30-4pm**

Feeling caught between substance abuse and  
mental illness? You Are NOT alone! Come  
learn how to cope with a dual diagnosis.

**Victoria Rodgers**

**(909) 214-7699**

**Become a Certified Mental Health First  
Aider (Possible CEU Credits)**

**MUSIC GROUP**

**Tri-City Mental Health Center**

1403 N. Garey Ave. Pomona, CA 91767

Wednesday 2:30-4pm

Wellness Center: **(909) 242-7600**

*\*Residents of Pomona, Claremont, La Verne*  
Monthly Educational Support Group that  
promotes, encourages and teaches basics of  
music, music appreciation and  
instrumentation. **Check Monthly.**

**OBSESSIVE COMPULSIVE  
DISORDER**

**SUPPORT GROUPS FOR  
INDIVIDUALS WITH OCD**

Must be treated by OCDLA

Tuesday, Wednesday 7:15-8:45 and Saturday  
10:30am-12pm

11620 Wilshire Blvd. #890, Los Angeles,  
CA 90025

Call for information:

**Tom Corboy (310) 335-5443**

**PARENTS' and CAREGIVERS'  
GROUPS**

**CITY OF HOPE RESOURCE CENTER**

**Genie Lawrence (626) 256-8626**

[www.cityofhope.org](http://www.cityofhope.org)

**The Glendora MOMS CLUB**

Moms offering moms support. Do you work  
part time or from home? Are you sacrificing  
that 2<sup>nd</sup> income to stay home with the kids?  
If you are, then The Moms Club is the place  
for you. Come meet new friends and bring  
your kids. Join us for monthly meetings.

**(626)294-3255** [www.momsclub.org](http://www.momsclub.org)

**MOMS CLUB OF MONROVIA**

A local support group of stay at-home and  
part-time moms who live in Monrovia,  
Duarte, Bradbury and El Monte.

P.O. Box 1574 Monrovia, CA 91017

Meets the 2<sup>nd</sup> Tues. of every mo. 10:00 am.

**For info contact: Ani Janbazian**  
[ajanbazian@verizon.net](mailto:ajanbazian@verizon.net)

**MOTHER OF TWINS CLUB**

**LONG BEACH TWINS CLUB**

Meets 2<sup>nd</sup> Wednesday each month 7:00pm

Email: [LLBMOTC@GMAIL.COM](mailto:LLBMOTC@GMAIL.COM)

[www.llbmotc.org](http://www.llbmotc.org)

**PARENT CONNECTION from  
"In His Image" (Special Needs Ministry)**

3<sup>rd</sup> Saturday of the Month 6:15pm-8:15pm

PazNaz: 3700 E. Sierra Madre Blvd.

Pasadena CA 91107 Rm. 247 Reed Hall

Childcare will be provided in

Room 123; Arms Hall

**Note:** Support Group for Siblings

Rm. 122 See Sibshops: "In His Image"

For info call JoAnna (626) 351-2478

Website: [www.paznaz.org](http://www.paznaz.org)

**PARENT CONNECTION**

Meetings every Thursday 6:30-8:00 pm.

And every Saturday 10:00-11:30 am.

100 W. Calif. Blvd. Pasadena, CA 91109

**Mary Holzer (626) 397-5000**

**PARENTS' and CAREGIVERS'  
GROUPS (CONTINUED)**

**SUPPORT GROUP FOR RELATIVE  
CAREGIVERS (DCFS El Monte Office)**  
4024 N. Durfee Ave. El Monte, CA 91732  
To educate, inform, support and advocate  
for Relative caregivers: For info call  
**(626) 455-5660 Nancy**

**SUPPORT GROUP FOR CAREGIVERS  
DCFS Kinship Support Division**  
Meetings 4<sup>th</sup> Tuesday of every month from  
10 a.m.-12 p.m. (No meetings Jul., Aug., or  
Dec.)  
Department of Children & Family Services  
Palomares Senior Center  
499 East Arrow Highway, Pomona, 91767  
**Contact Cecelia Chang, CSW**  
**(562)777-1765**

**PARENTING CLASSES**

**Tri-City Mental Health Center**  
1890 N. Garey Ave. Pomona, CA 91767  
Wellness Center: (909) 784-3232  
www.tricitymhs.org  
*\*Residents of Pomona, Claremont, La Verne*  
Hosted by Pomona Unified School District

**PARKINSON'S SUPPORT GROUP**

**Children of Parkinsonians (COPS)**  
2<sup>nd</sup> Wednesday of the month 7:00pm  
Community Wellness Services  
**(626) 814-2479**

**PARKINSON'S EXPLORERS GROUP**  
**Claremont Human Services**  
**JOSLYN CENTER**  
660 N. Mountain Ave, Claremont Ca 91711  
**2<sup>nd</sup> Saturday 10am-Noon**  
More info: **(909) 399-5488**

**PARKINSON'S RESOURCE  
ORGANIZATION**  
**Toll Free (877) 775-4111**  
www.parkinsonsresource.org

**POLIO SURVIVORS ASSOCIATION**

12720 La Reina Ave Downey CA 90242  
**562.862.4508 562.862.5018 Fax**  
**Richard L. Daggett**  
Richard@polio-association.org  
www.polio-association.org

**POSTPARTUM**

**POSTPARTUM SUPPORT  
INTERNATIONAL** For mothers suffering  
from postpartum depression.  
**Please call (800) 944-4773**

**PRADER-WILLI SUPPORT GROUP**

**PRADER-WILLI CALIFORNIA  
FOUNDATION SUPPORT GROUP,**  
Advocates, Training, Education Referrals  
Call for nearest location **(310) 372-5053 or**  
**FAX (310) 372-4329**

**RETT SYNDROME**

**RETT SYNDROME FOUNDATION**  
6252 Gretna Ave. Whittier, Ca. 90601  
Meets quarterly in the LA & Pasadena area  
**Sherry Brady: (562) 619-0109**  
**Pep Stenberg: (626) 355-5334**

**SCHIZOPHRENIA 101**

**TRANQUILITY GROUP**  
**Tri-City Mental Health Center**  
1403 N. Garey Ave. Pomona, CA 91767  
Wellness Center: **(909) 242-7600**  
**Tuesday 4-5pm**  
Feeling overwhelmed with all the voices?  
Do you suffer from Schizophrenia? Or know  
someone who does? Come and feel  
supported as together we learn how to take  
control of schizophrenia instead of it taking  
control of you!

## SCLERODERMA

### WHITTIER/SAN GABRIEL SUPPORT GROUP

Meetings are held at the Whittier Presbyterian Intercommunity Hospital Auditorium

12401 E. Washington Blvd., Room G, Whittier, CA

**Support Group Leaders:** Penni LaVoot, (714) 871-8580

PLAVOOT@gmail.com

#### **2011 Meeting Schedule:**

- January 29: Gastrointestinal Problems, Joon Kim, M.D.

- April 23: Speaker Patricia Dutriz, Chaplain Whittier Presbyterian Intercommunity Hospital, Topic: Life Choices for living people.

- August 27: The Benefits of Laughter, Sherae Adams and Sudha Tendulkar

- October 22: Improving Your Nutrition, Zhaoping Li, M.D.

## SCOLIOSIS

### SCOLIOSIS ASSOCIATION OF GREATER LA

Presbyterian Intercommunity Hospital  
12401 Washington Blvd. Whittier, Ca.  
90602

**(562) 698-0811 EXT. 18305**

## SENIOR DISCUSSION GROUP

### CLAREMONT HUMAN SERVICES

City of Claremont

1700 Danbury Road Claremont Ca, 91711  
(909) 399-5488

Joslyn Center; Fridays 10-11:30am

## SIBLING'S

### SIBSHOPS

For siblings ages six to 12.

Los Angeles and Pasadena areas.

**Edward Perez (213) 383-1300 ext. 4986**

[Edward.perez@Lanterman.org](mailto:Edward.perez@Lanterman.org)

### SIBSHOPS from "In His Image"

(Special Needs Ministry)

3<sup>rd</sup> Saturday of the Month 6:15pm-8:15pm

PazNaz: 3700 E. Sierra Madre Blvd.

Pasadena CA 91107 Rm. 122 Arms Hall

**Note: Support Group for parents Rm. 247**

**See Parent Connections: "In His Image"**

Under Parents and Caregivers section

On this Support Group List

**For info call JoAnna (626) 351-2478**

**Website: [www.paznaz.org](http://www.paznaz.org)**

## SPANISH GROUPS

### GRUPO DE APOYO EN ESPANOL

#### AUTISMO:

DE MI FAMILIA A SU FAMILIA

(Grupo para familias con niños con autismo)

Lanterman Regional Center.

**(213) 383-1300 [www.lanterman.org](http://www.lanterman.org)**

#### AUTISM SOCIETY

Greater Long Beach/San Gabriel Valley

Grupo De Apoyo para padres con niños

con Autismo

**Si tiene preguntas favor de llamar al:**

**(562) 756-8616 y pregunten por Eva**

#### Autismo y todas las discapacidades

**Casa Colina Children's Center**

255 E. Bonita Ave. Pomona, CA

**Español (909) 936-6489**

#### CANCER

**Grupo De Apoyo Para Personas Con Cáncer Y sus Familias**

El Segundo sábado de cada mes: de las 10am-12 del mediodía.

Para obtener más información llame al

**(626) 938-7585**

#### DOMESTIC VIOLENCE:

SPANISH SPEAKING BATTERED

WOMEN SUPPORT GROUP

DOMESTIC VIOLENCE PROJECT

Women Services Center YWCA

**818-242-4155 ext. 228 or 231**

**Hotline (818) 242-1106**

**735 E. Lexington, Glendora, CA 91204**

## **SPANISH GROUPS (CONTINUED)**

### **THE CARING CONNECTION**

Spanish Speaking Parent Support Group for High-Risk Infants (Pomona Valley Hosp.)  
1798 N. Gary Ave. Pomona Ca. 91767  
(English and Spanish) **call first**  
**Edda Mendez (909) 865-9703**

### **SINDROME DE DOWN:**

**SINDROME DE DOWN EN ESPANOL**  
**SUPPORT GROUP FUERZA**  
**West Covina office: (626) 917-9881**  
**Ana Trujillo [fuerza@fuerzainc.org](mailto:fuerza@fuerzainc.org)**

**UP FOR DOWN; Grupo de Habla Española**  
Grupo de Apoyo en español para Padres con Niños con Síndrome de Down todas las edades. Junta Mensual (con excepción de Diciembre, tendremos fiesta de Navidad)

### **CARITAS DE ANGEL**

**Acompañenos cada Cuarto Jueves del mes**  
**6:30 p.m. – 8:00 p.m.,**  
Casa Colina  
255 E. Bonita, Pomona, CA 91767  
**Blanca Loria (951) 808-2821**  
**Oficina (818) 786-0001**  
**[blancasindromededown@yahoo.com](mailto:blancasindromededown@yahoo.com)**  
**[www.dsala.org](http://www.dsala.org)**

### **DIABETES**

Padre Foundation (714) 532-7865

### **EPILEPSIA:**

**Epilepsy Foundation (1-800-332-1000)**  
**PARENTS AND ADULTS WITH EPILEPSY**  
**(SPANISH)**

### **GRUPOS GENERALES:**

**CARIÑO Partnerships for Families**  
**AMOR** No es suficiente para mantener a su familia fuerte  
Café de capacitación para padres  
Grupo de Apoyo para la Mujer  
Trae una amiga y comparte tus pensamientos como una madre, esposa, hermana y mujer.  
Cada Martes en las noches  
2000 Tyler Ave. So. El Monte, CA

(La cena será servida y el cuidado de los niños estará disponible)

**Connie Preciado (626) 442-1400**

**Or Elizabeth Velazquez**

Para Reuniones con Padres hablar con Eduardo Estrada para mas detalles y locacion de las reuniones.

### **MOMMY, DADDY & ME--EARLY INTERVENTION SUPPORT GROUP**

Lanterman Regional Center  
Contact: **Monica Mauriz (213)252-5686**

### **FIESTA EDUCATIVA Y FIESTAS**

**FAMILIARES** Juntas dos veces al mes  
163 S. Ave. 24 Ste. 201  
Los Angeles, CA 90031  
Meetings every 3<sup>rd</sup> Thursday for Autism  
**Laura Ruesga al (323) 221-6696**

### **GRUPO DE APOYO PARA FAMILIAS DE INTERVENCION TEMPRANA**

3303 Wilshire Blvd, Ste 700. L. A. 90010  
**Monica Mauriz, (213) 252-5686**

### **SALVIN SPECIAL EDU. CENTER**

1925 S. Budlong Ave, Los Angeles, CA  
Fri 9:30 - 11:00 a.m. (Sept-June)  
**Nora Avila (323) 731-0703**

### **HISPANIC FOSTER CARE SUPPORT**

Reciba informacion educacion y apoyo para la crianza de niños. Diversos temas tocantes al desarrollo del niño y la familia seran tratados.

Adultos solamente, no se permiten niños.

**Department of Children and Family Services Margarita Gonzalez (909)868-4501**

100 W. 2<sup>nd</sup> St., Pomona , CA 91766

### **“FIESTA EDUCATIVA / FIESTAS FAMILIARES”**

634 E. Spruce St., Ontario, CA 91761  
Se reúnen cada 3er Sabado de el mes.  
Para informacion en el **area de Ontario**, hablar con **Maria Elena Hernandez (909) 983-2534**  
**Cell Ph. (909) 518-9698**

## SPANISH GROUPS (CONTINUED)

### “FIESTA EDUCATIVA / FIESTAS FAMILIARES”

En el area de el valle de San Gabriel  
2 Juntas al mes; 2<sup>do</sup> y 4<sup>to</sup> Martes de el mes.  
Llamar para mas informacion:  
**Maria Almanza (626) 391-8781**

### GRUPO DE APOYO PARA EL PADRE

**Lanterman Regional Center**  
**(213) 383-1300 Edward Perez**  
3303 Wilshire Blvd. #700  
Los Angeles, CA 90010  
[Edward.perez@Lanterman.org](mailto:Edward.perez@Lanterman.org)

**FAMILIAS QUE TIENEN NIÑOS CON SPINA BIFIDA**--en el Children’s Hospital of L.A.

**Hoda (323) 361-2384**

### FAMILIARES UNIDOS

En el edificio del  
Departamento de Servicios para Niños y Familias  
100 W. 2<sup>nd</sup> Street  
Pomona, CA 91766  
*Habrá certificado disponible*  
**Llamar Axa Cazzaly (909)868-4431**  
[cazzaa@dcfs.lacounty.gov](mailto:cazzaa@dcfs.lacounty.gov)

**Departamento de Servicios para Niños y Familias (DCFS) Department of Children And Family Services:** Oficina de El Monte.  
4024 N. Durfee Ave. El Monte, CA 91732

Las juntas son para darles una voz, informacion y apoyo a los parientes de crianza. Favor de avisarnos si esta interesado En atender a nuestra proxima junta al **(626) 258-1815**

*Se ofreceran certificados por su participacion a cada junta: Se proveera cuidado para ninos y refrigerios.*

## SPINA BIFIDA

**National Resource Center for Spina Bifida**  
**(800) 621-3141 or Website [spaa@sbaa.org](mailto:spaa@sbaa.org)**

**FAMILIES OF CHILDREN WITH SPINA BIFIDA:** Children’s Hospital of L.A.

**Hoda (323) 361-2384**

## THAI SUPPORT GROUP

### ONE ON ONE SUPPORT

For Thai speaking families of children  
With special needs  
Location: Temple City, CA  
Contact **Pauline (626) 287-5728**

## TURNER’S SYNDROME

### TURNER'S SYNDROME SUPPORT GROUP, LOCAL CHAPTER

Have big meetings for all of So. Cal.  
**Maureen Higdon: (909) 626-6015** Call for information times and dates.

## UTILITY ASSISTANCE

### HOME ENERGY ASSISTANCE LIVING, INC (HEAL)

We are a Direct Agency for Southern California Edison to Perform Outreach Assistance for the “Energy”  
**For Southern California Edison & So Cal Gas United was of Greater Los Angeles**  
Contact **Patricia Banuelos**  
For Energy Assistance Fund (EAF) & Gas Assistance Fund (GAF)  
[PBANUELOS@UNITEDWAYLA.ORG](mailto:PBANUELOS@UNITEDWAYLA.ORG)

### SOUTHERN CALIFORNIA EDISON

(800) 655-4555  
- Medical Basesline Program  
- California Alternate Rates For Energy (20% Discount)  
- Energy Savings Assistance Program Savings Assistance Programs (ESAP) (FREE ENERGY EFFICIENCY MEASURES)  
(800) 736-4777

Contact: Ken Miyoshi: (626) 771-3100  
Robert Rayas: (916) 897-7596

## VIETNAMESE GROUP

**VIETNAMESE PARENTS WITH  
DISABLED CHILDREN ASSOC., INC.**  
(VDPCA)  
**Hung Nguyen (714) 527-9216**  
[www.vpdca.org](http://www.vpdca.org)

## VISUALLY IMPAIRED

### 1. EYE-DAS I

Meets the 2nd Monday at 6:30 pm  
La Fetra Senior Center  
333 E Foothill Blvd , Glendora  
Call first for information; free transportation  
(No meetings in July or August)  
P.O. Box 1422, Glendora, Ca. 91740  
**626-335-5733, 626-335-EYES**  
**626-445-4142 (evening)**

Contact **Rayanne Myers (626) 335-3937**

**2. EYE-DAS II** - West Covina Senior Center  
Meets 1<sup>st</sup> Monday at 12 noon  
Call first for information; free transportation  
**626-335-5733, 626-335-EYES**  
**626-445-4142 (evening)**

Contact **Rayanne Myers (626) 335-3937**

[www.eye-das.org](http://www.eye-das.org)

### 3. EYE-DAS III

Arcadia Community Center  
Once a month 12 noon  
Call for more info: free transportation  
**626-335-5733, 626-335-EYES**  
**626-445-4142 (evening)**

Contact **Rayanne Myers (626) 335-3937**

## HH/VI EMPOWERMENT GROUP- HARD OF HEARING/VISUALLY IMPAIRED

**Services Center for Independent Living**  
1520 W. Cameron Ave., #160 West Covina,  
CA 91790

**Last Thursday of every Month 2-4pm**

Meet People you can relate to, discuss  
important topics that will help you navigate  
better through life, be part of a positive  
change in your own life, as well as the lives  
of others. Meet new friends. Be empowered.  
We look forward to meeting YOU!

**More Information: (626) 337-8868**

**\*CALL TODAY to reserve your seat!\***

**Or Email: [Felicia@scil-ilk.org](mailto:Felicia@scil-ilk.org)**

## WIC SUPPORT GROUPS

### BEVERLY WIC CENTER

277 S. Atlantic Blvd.  
Los Angeles, CA 90022  
Breastfeeding group: every other Tuesday  
and Thursday 10:00am – 12:00pm  
**Laurie Hill (323) 263-0262**

### BALDWIN PARK WIC CENTER

4239 Maine Ave., Baldwin Park, CA 91706-  
3312  
Breastfeeding support group  
Every 2<sup>nd</sup> Tuesday of the month  
10:30am & 3:30pm  
**Tiffany Spana (626) 851-8421**

## WILLIAMS SYNDROME

### WILLIAMS SYNDROME

**Darlene Ginnette: (562) 522-2449**